

# EXTENSION CONNECTION

---

a newsletter to support your  
health, home, and family life

## WHAT'S INSIDE

An Unexpected Benefit	1
Building Relationships with Your Children	2
Kick Start with Eating Well	3
Time to Check You're Free Credit Report	4
Recent Program	5
Upcoming Events	6 - 13
Community Resource Highlights	14 - 16
Educator Contacts	17

**Spring 2022**

SERVING ADAMS, GREEN LAKE,  
MARQUETTE & WAUSHARA COUNTIES



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## An Unexpected Benefit

It was time for my annual physical. Since I had started logging doctor visits some time ago, I looked back at my notes from my last check-up. Elevated cholesterol. Suddenly I remembered that after that visit I had decided, *I need to start exercising*. A full year had passed, and I was not any closer to making it happen.

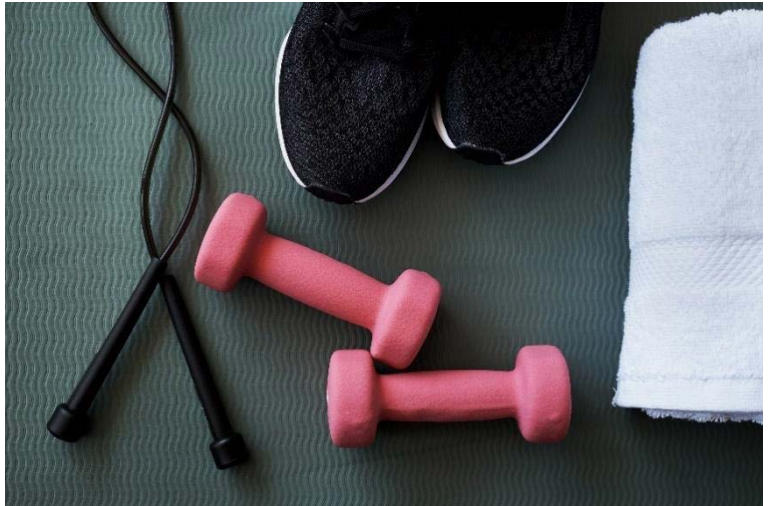
So I made a plan. I looked at my schedule and responsibilities, carved out a time I could devote to it, and got my gear together. I set my alarm and started my new routine. It wasn't easy. There were mornings I forced myself to slide out of bed and change into workout clothes. Since my plan emphasized getting enough sleep, I allowed myself some grace on mornings after I had been up at night with crying children.

As the months went by, it got easier. I found that I actually looked forward to that quiet time to myself every morning. Then I noticed something else. On days when I exercised, I was not only happier and more energetic, but more focused and productive at work and more efficient at home. On days when I skipped exercise, I was more scatterbrained and stressed. And it wasn't just for an hour or two -- the effects of exercising (or not) lasted all day long.

My physical health had motivated me to start an exercise routine, and what it did for to my *mental health* made me want to keep going. And it's not just me. Science has shown that physical activity releases endorphins that boost your mood, reduce tension, combat stress, and ease anxiety. When you increase your activity level, you increase the levels of dopamine, norepinephrine, and serotonin in the brain, which help with attention, concentration and memory. Being physically active is so beneficial for mental health that providers are now prescribing exercise as a key part of treatment for many mental health conditions.

As with anything else, experts recommend starting where you are. If your healthcare provider gives you the green light, you can map out your own plan. Consider what activities you might enjoy that get you moving. Take small steps toward increasing levels of activity. Build your endurance and strength over time. There is no wrong way to move more. Your next step is completely up to you.

By Sheila Michels, Health & Well-being Educator



## Building Relationships with your Children as they Grow

Do you feel like you need to drag information out of your school age and teen children about their day, their friends, and lives? Do you get the typical one-word answers or better yet...a grunt?! As parents we want to hear what is going on in our children's lives, especially as they become more independent. Simply asking "how was your day?" or "what did you do today?" isn't going to spark a lot of conversation in school age children and teens. They can give a one word or short answer and while it may answer the question, it's not the **conversation and connection** we are looking for as parents.

Here are a few things to consider when talking to your children:

- First, consider when you ask questions. Are they right in the middle or something else, another activity, chore, or screen time? You are less likely to get a longer response if they feel "interrupted". Wait for those natural breaks in activities or give them some time to finish up what they are doing. This demonstrates that you are considerate of their time and feelings as well.
- Next, think about the questions you ask. Can they answer with one word? Does it sound judgmental? Do they promote a longer answer? Here a few examples of questions or conversation starters to try:
  - What is something you are looking forward to this month or year?
  - What is your best quality as a friend?
  - If we could go anywhere you wanted on vacation, where would you go? Why?
  - What is your idea of a perfect day?
  - What makes you feel better?
  - What do you worry about the most?
  - What's your favorite song? Why?
- Also, consider your body language and own mood when you are trying to engage with them. Are you distracted or busy with something else? Do you have the time to focus on them and actively listen? Are you feeling overwhelmed or rushed? Older children and teens can pick up on this and might not be as engaged if they see you are distracted or stressed.
- Finally, make sure you are being open without criticizing what they are saying. Nothing shuts a child or teen down like you negatively responding to their ideas or answers. These growing kids are learning who they are, how they fit in at school and with friends, and can have real conversations. They need us as parents to be their safe space to grow and mature.

These pre-teen and teen years can be a difficult time to communicate, and you may feel like you are starting from scratch. However, this is also a time to enjoy the person they are becoming, watch their personality continue to develop and encourage them as they grow.

By: Hannah Zellmer, Marquette County

## Kick Start with Eating Well

It seems we're all busy, and whether you're at home, or out and about, are you eating well? I'll admit, my healthy eating has been challenged, despite the best intentions to eat well over the winter. How can you and I eat more nutritious meals? Here are some ideas.

First, start with eating breakfast. It kick starts our metabolism, helps us burn more calories throughout our day, and may help our heart, digestion, bones and more. If you're a breakfast skipper you're at risk for higher blood cholesterol level compared to us breakfast eaters.

Keep easy-to-grab foods on hand like yogurt, breakfast bars, and homemade egg muffin cups - bake beaten eggs and diced vegetables in muffin cups. They're freezer friendly and easy to thaw and heat.

When it comes to lunch and dinner, plan and make ahead when you have time. Use your time off in one day to prepare food items that can be used in 'planned overs.' There are a lot of resources and recipes to give ideas including cookbooks and online recipes. If you don't have these at home, consider visiting your nearest library to check out cookbooks with quick and healthy recipes.

A recommended online resource for recipes is the *MyPlate* Kitchen or there's the *Start Simple with MyPlate* App and *MyPlate* on Alexa. This is a trustworthy resource because it's based on the Dietary Guidelines for Americans and the recipes have simple ingredients that are found in the pantry. In addition, *MyPlate* includes the total cost, nutrition information, and what food groups the recipe includes. The MyPlate.gov site includes recipe videos which is wonderful for the budding cook to learn basic food preparation skills while making tasty dishes. I hope this resource will help you in your wellness journey.

By Mary Ann Schilling, UW-Madison Division of Extension, Waushara County



## It's Time to Check Your Free Credit Report

Federal law allows individuals to get a free copy of their credit report every 12 months from the three major credit reporting bureaus – TransUnion, Equifax, and Experian. The annual free reports were put in place so that individuals can make sure the information on all their credit reports is correct and up to date.

The free annual credit reports can be requested on the official website [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com), through the mail using [a request form](#), or by phone toll free at 1-877-322-8228. You can choose to order one, two, or all three reports at the same time. Visitors to the official website never need to share any credit card or payment information to get the annual free credit report. Note that Federal law does not include access to a free credit score with your report. A credit reporting bureau may choose to provide a free credit score, or they may offer to sell you an optional credit score online. Due to the COVID-19 pandemic, the three major credit reporting bureaus also offer free weekly online credit reports through April 2022. The weekly free reports can be ordered online only through the official website: [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com).

People are sometimes surprised to find out that no one is monitoring your credit report for mistakes, old information that should be removed, or even signs of identity theft. Checking a credit report for accuracy is completely up to each individual.

When ordering a free credit report, you will be asked for private information, including your Social Security Number, birthdate, and address. Ordering a credit report online also includes security questions, such as previous addresses or loans. If you do not answer the security questions correctly, you will be denied online access to your report. You can then order a report over the phone or by mail in a written request form. Sometimes the credit reporting bureaus will ask you to mail in copies of specific documents to make sure you are who you say you are.

Once you have your credit report, be sure the information is accurate. Several of the credit reporting bureaus have taken steps in the past few years to help the free credit reports, also called consumer disclosure statements, to be more user-friendly and easier to understand. Some information will be easy to review, such as your name, address, or possibly a current employer. Other information can be more confusing. Sometimes a loan may switch hands between creditors, such as a mortgage changing servicers, and the original loan will appear as closed with the new creditor listing the same loan as open. Student loans from the same lender will be posted individually on your credit report each time you take out a loan, even though you only make one payment to the same lender. In addition to email reminders and links to credit resources, the Extension “2/2, 6/6, 10/10” campaign website (<https://finances.extension.wisc.edu/>) provides information for ordering, reading, and understanding your free credit reports.

Katie Gellings, UW Madison Division of Extension, Green Lake County

## Recent Program

### Parent Café in Marquette County was enjoyed by all who attended!

This winter parents gathered (in person and virtually) for coffee and conversation at Parent Café. Each parent received a gift card for attending a café session, thanks to a Family Support Emergency Funds Grant through the Child Abuse and Neglect Prevention Board.

Some of you might be wondering, “What is a Parent Café?” or “What happens there?” Well, let me tell you!

#### Parent Cafés:

Parent Cafés help build strong families using The Five Protective Factors. They are a fulfilling way to talk, listen and support each other with the stressors, worries and challenges of parenting that many have struggled with alone. Parents learn strategies to strengthen relationships with their children and receive concrete supports.

#### What happens at a Parent Café?

Parents gather (virtually or in person), and they discuss various questions in small groups facilitated by a Parent Host.

Parents are encouraged to use “I statements”, speaking from their own experiences. Each parent, grandparent or guardian has something to bring to the table and is the expert on their own child.

“Thank you for another wonderful Parent Cafe. I really do need to make time for these. I always feel a bit less hectic after laughing with the groups of ladies here. And I get a new mug for my coffee, which is the icing on the cake!”

“Last night was so refreshing! It is definitely what I needed. A night of good conversation and laughter. Thanks so much to this group of women who show up and meet me right where I am and help me to realize that I am not the only one going through the chaos in life.”

“I would like to thank every single one of you ladies from last night. I am going through a rough patch, and you all showed me so much grace. I know I have a village around me.”



Missed out? We have more opportunities to join this spring! To register, call 800-628-8534. Parent Cafés are presented by: UW Extension-Marquette County, Childcaring, Marquette County Parent Information Exchange, and Marquette County Human Services.

Check out our Facebook page: Marquette County Parent Cafés

## Upcoming Programs March – May 2022

### StrongBodies Adams, Green Lake, Juneau, Marquette, Waushara Counties



**April 11 – June 27 2022**  
**Mondays & Fridays 8:30 - 9:30 AM**

This is a free strength training program for adults of all ages.

This program has many benefits: Increased Strength, Energy, Flexibility, Balance, Mood and Better Sleep Quality

Scan QR code to register or use this link: [go.wisc.edu/7t81wt](https://go.wisc.edu/7t81wt)

or contact: Angela at [angela.desmith@wisc.edu](mailto:angela.desmith@wisc.edu)  
Mary Ann at [maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)  
or your local extension office listed below



Marquette County 608-297-3141	Adams County 608-339-4237	Juneau County 608-847-9329	Waushara County 920-787-0416	Green Lake County 920-294-4032
----------------------------------	------------------------------	-------------------------------	---------------------------------	-----------------------------------

The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



### Marquette County Parent Information Exchange (PIE)

An online way for parents to share and exchange

- Activities and events
- Resources (services, connections, info)
- Parenting tips and ideas

*Like, follow, share, and connect at*  
[www.facebook.com/marquettecountypie](https://www.facebook.com/marquettecountypie) or scan QR code

When parents connect,  
families do better!







## Mental Health First Aid

for the farming community and  
those who serve them

Just as CPR teaches you how to help someone having a heart attack, Mental Health First Aid teaches you how to help someone experiencing a mental health or substance use challenge. This skills-based course helps you identify, understand, and respond in crisis and non-crisis situations.

### **COST:**

FREE

### **QUESTIONS:**

For questions or assistance, including help accessing high-speed internet or a computer, call 608-339-4237

### **UPCOMING TRAININGS:**

**Part I** is a Self-Paced Online Module

**Part II** is a Live Instructor-Led Skills Course

**FRI, MAR 11** from 9:00 am – 3:30 pm on  
Zoom

### **REGISTER AT:**

<https://go.wisc.edu/420143>



The North Central Farm and Ranch Stress Assistance Center: Engaging Programs to Support Producer Well-being (NCFRSAC) is based upon work supported by USDA/NIFA under award number 2020-70028-32728. Mental Health First Aid trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-being Institute™

An EEO/AA employer, University of Wisconsin—Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



# Marquette County Parent Café

Parent Cafés help build strong families using The Five Protective Factors. At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your Children, and receive concrete support for your family.



Dinner offered each night between 5:30 and 6:00

Limited amount of child care available for children ages 2 and up. We will confirm availability of child care based on the requests we receive.

In-Person, Forest Lane Community School

222 Forest Lane, Montello

Theme: Mindful March, Get your head in the game

**28**  
MARCH

**25**  
APRIL

In-Person, Westfield Elementary School

329 Hawk Lane, Westfield

Theme: Encourage kindness by showing it in your actions

In-Person, Forest Lane Community School

222 Forest Lane, Montello

Theme: When life gives you lemons...

**23**  
MAY



Registration for all café sessions may be completed using the QR code and will be limited due to safety guidelines. We will confirm registrations and child care via email or phone.

For questions, or to register by phone please contact Childcaring at 800-628-8534.

Thanks to a Family Support Emergency Funds Grant through the Child Abuse and Neglect Prevention Board, we will again be offering a gift card each time you attend a café.

\*Due to the ongoing pandemic, we will follow current (as of the date of the café) school policy regarding masking and reserve the right to switch in-person sessions to virtual if needed.

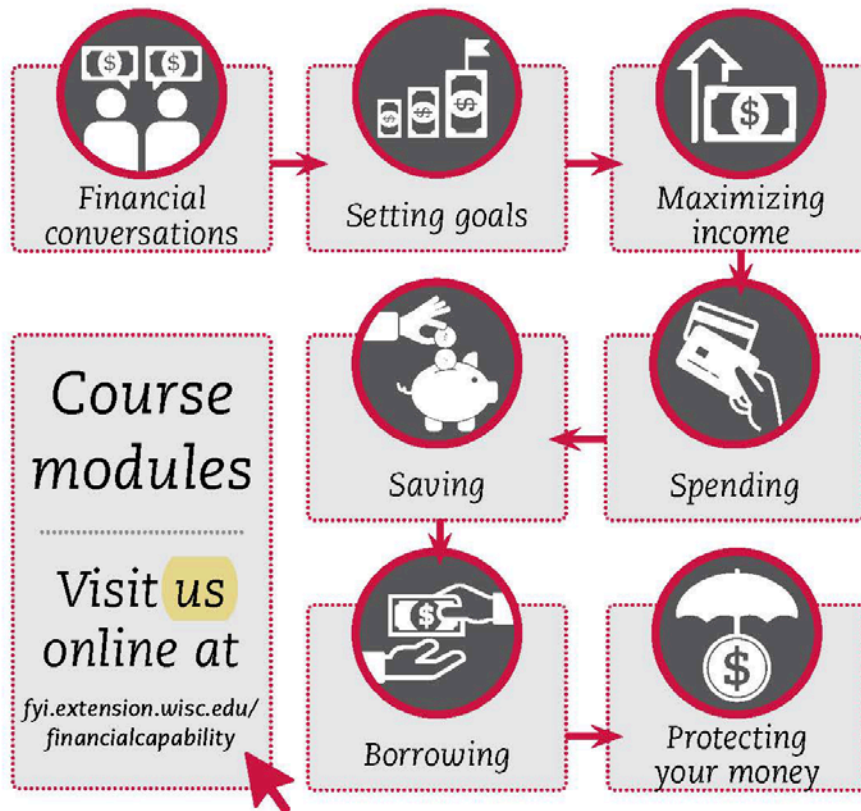


# ENCOURAGING FINANCIAL CONVERSATIONS



**E**ncouraging Financial Conversations is a program designed for case managers, social workers, and other frontline staff to help empower clients to achieve their financial goals and manage their money. Participants will learn techniques and strategies to help their clients create a

financial goals action plan, build and maintain good credit, pay off debts, develop a spending and savings plan, and protect themselves from fraud and identity theft. Participants will also learn coaching strategies that capitalize on a client's strengths and resources in coming up with solutions.



## Join us!

**Tues/Thursday**  
**April 14 - May 3**  
**11:30am-12:30pm**

Register online at  
<https://bit.ly/SpEFC22>

**Mary Ann Schilling,**  
**Extension Educator**  
**920-787-0416**  
[maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.



## Play and Learns

4 locations - Everyone Welcome

Kids deserve the best.

### **FREE EVENTS**

Fun and relaxation for children ages 0-6 and their parents, grandparents, or caregivers. Participate in early learning activities that enhance your child's development and promote school readiness.

Lots of fun, support and good company guaranteed!

Its **FREE** - Must register to attend!  
Call or Text  
715-896-8437

#### **Green Lake County - Wednesdays**

##### Berlin, WI

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesday of every Month  
Boys and Girls Club  
344 Broadway ST  
9:30 am and 10:30 am

##### Markesan, WI

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every Month  
Markesan Library  
75 Bridge ST  
9:30 am and 10:30 am



#### **Marquette County - Thursdays**

##### Neshkoro, WI

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Thursday of every Month  
Neshkoro Community Center  
114 E Park ST  
9:30 am and 10:30 am

##### Montello, WI

2<sup>nd</sup> and 4<sup>th</sup> Thursday of every Month  
Montello Library  
128 Lake Ave  
10 am and 11 am

**Social Distancing and Masks Required.**

Children's Wisconsin PO Box 288, Berlin WI 54923 715-896-8437



### **Triple P: Positive Parenting Program, Raising Resilient Children Seminar**

*Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior. Seminars are presentations designed to be a brief introduction to the Triple P strategies.*

*Who:* Any parent, caregiver or someone that works with children.

*Date:* March 7th

*Time:* 6:30- 8:00 pm

*Where:* Online

*To Register:* <https://forms.office.com/r/Gha1PCz8QS> or call 608-297-3141

*Contact:* Hannah Zellmer

### **Mental Health First Aid for the Farming Community**

*Learn to identify, understand, and respond to a mental health or substance use challenge.*

*Who:* Farmers and Adults who live with, work with, or serve farmers

*Date:* Complete an online program at your own pace (approx 2 hrs) prior to attending the facilitated live training on Friday, March 11

*Time:* 9:00 am - 3:30 pm

*Where:* Online (access assistance available)

*To Register:* <https://go.wisc.edu/420143> or call 608-339-4237

*Contact:* Sheila Michels

### **Parents Forever Classes**

*A co-parenting class. Topics include the role self-care plays in supporting family transition, building parent-child relationships, and co-parenting skills.*

*Who:* Parents in the process of divorce or family transition.

*Date:* March 22nd & 24th or April 19th & 21st or May 17th & 19th  
(Must attend a series of two sessions)

*Time:* 5:30- 7:30 pm

*Where:* Online

*To Register:* <https://forms.gle/aezTNBaxHjYWV4589> or call 608-297-3141

*Contact:* Hannah Zellmer

### **Parent Cafés- Includes FREE Dinner and Childcare!**

*At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.*

*Who:* Any parent or caregiver

*Date:* March 28th- Mindful March, Get you head in the game

*Time:* Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

*Where:* Montello Schools, 222 Forest Lane, Montello, WI 53949

*To Register:* <https://www.surveymonkey.com/r/5FKGCNH> or call 800-628-8534

*Contact:* Hannah Zellmer



**Triple P: Positive Parenting Program, Discussion Groups- FREE Childcare!**

*Provide parents of children ages 0-12 years with a toolbox of strategies to raise confident and healthy children. Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behavior.*

*Who:* Any parent, caregiver or someone that works with children.

*Date:* April 7th- Developing good bedtime routines

May 12th- Dealing with Disobedience

(Do not need to attend all in the series)

*Time:* 5:30- 7:30 pm

*Where:* Montello Schools, 222 Forest Lane, Montello

*To Register:* <https://forms.gle/WTJi9ubEehMdDSQ6> or call 608-297-3141

*Contact:* Hannah Zellmer

**Strong Bodies Online Classes**

*A free strength training program for adults of all ages.*

*Who:* Adults in Adams, Green Lake, Juneau, Marquette, and Waushara Counties

*Date:* Mondays & Fridays, April 11 - June 27, 2022

*Time:* 8:30-9:30 a.m.

*Where:* Via Zoom

*To Register:* [go.wisc.edu/7t81wt](https://go.wisc.edu/7t81wt)

*Contact:* Mary Ann Schilling at [maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)

**Encouraging Financial Conversations**

A program designed to help empower clients to achieve their financial goals and manage their money.

*Who:* Case managers, social workers, and other frontline staff

*Date:* Tues/Thursday April 14 - May 3

*Time:* 10:00-11:00 a.m.

*Where:* Via Zoom

*To Register:* Register online at <https://bit.ly/SpEFC22>

*Contact:* Mary Ann Schilling at [maryann.schilling@wisc.edu](mailto:maryann.schilling@wisc.edu)

**Parent Café- Includes FREE Dinner and Childcare!**

*At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.*

*Who:* Any parent or caregiver

*Date:* April 25th- Encourage kindness by showing it in your actions

*Time:* Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

*Where:* Westfield Elementary School, 329 Hawk Lane, Westfield

*To Register:* <https://www.surveymonkey.com/r/5FKGCNH> or call 800-628-8534

*Contact:* Hannah Zellmer

### Touch a Truck Event

*Children of all ages can touch, climb on and explore different vehicles including fire engines, police cars, and construction vehicles. Games, activities and lots of fun for the whole family!*

*Who:* Children and families of all ages

*Date:* May 21, 2022

*Time:* 10:00 am- 1:00 pm

*Where:* Marquette County Fairgrounds, Fairground St, Westfield, WI 53964

*To Register:* No registration required.

*Contact:* Hannah Zellmer if you are interested in volunteering or bringing a vehicle to this event.

### Parent Café- Includes FREE Dinner and Childcare!

*At a parent café you will be able to connect with other local parents, learn strategies to strengthen relationships with your children and receive concrete support for your family.*

*Who:* Any parent or caregiver

*Date:* May 23rd- When life gives you lemons...

*Time:* Dinner: 5:30-6:00 pm, Café: 6:00- 7:30 pm

*Where:* Montello Schools, 222 Forest Lane, Montello

*To Register:* <https://www.surveymonkey.com/r/5FKGCNH> or call 800-628-8534

*Contact:* Hannah Zellmer

### WeCOPE - Connecting with Our Positive Emotions

*Learn 11 skills for coping with life stress in a series of 7 sessions.*

Contact Sheila Michels or Mary Ann Schilling for upcoming workshops.

### Mental Health First Aid

*Learn to identify, understand, and respond to a mental health or substance use challenge.*

Contact Sheila Michels for upcoming trainings.

**Small changes,  
big differences.**

## Triple P: Positive Parenting Program Discussion Groups

For parents with children 0-12

**April 7th**

Developing Good  
Bedtime Routines

**May 12th**

Dealing with  
Disobedience

**5:30 - 7:30 pm at Montello Schools**

**FREE CHILDCARE PROVIDED!!**

**Limited space, register today!**



Questions? Contact:  
hannah.zellmer@wisc.edu  
608 297 3139



Scan to register!

## Community Resource Highlights

In every newsletter, we will highlight a community resource from each of the four counties



**ALL WELCOME**  
**Stay in vehicle**  
 Food Placed in Trunk/Backseat  
 Empty trunk for food box  
 Quantities Limited  
 Visit one site each month  
 More Info: 715-869-3663

The Waushara County Food Pantry is committed to providing food to support local households and is sourcing food to continue mobile pantry distribution.

**Cancellation Policy: Mobile Food Pantries may be cancelled or close early in the event of inclement weather or other circumstances beyond our control. Cancellations will be announced on the Bug Radio 102.3 FM**

### MOBILE PANTRY DATES IN MARCH

**Wautoma: Tuesday, March 15th 10-11:30am**  
 Waushara Co. Fairgrounds 513 S. Fair Street Wautoma, WI 54982

**Coloma: Wednesday, March 16th 9:30-11:00am**  
 Coloma Fire Department 383 Industrial Drive Coloma, WI 54930

**Plainfield: Friday, March 18th 3-5pm**  
 New Life Assembly of God 612 E. North St. Plainfield WI 54966

**Wild Rose: Saturday, March 19th 9-10:30am**  
 Wild Rose Fire Department 145 Grant Ave. Wild Rose, 54984

**If desired, Low income guests age sixty and older can register and pick up for the Stock Box Program on the day of the mobile pantry.**



**Local partners helping to distribute food include: Waushara County Food Pantry, Waushara Prevention Council, Inc., the Waushara County Department of Human Services, host agencies and community volunteers.**



Hope House of South Central Wisconsin provides advocacy and shelter to people affected by domestic/dating violence and sexual assault and provides community education to help prevent these issues in Sauk, Columbia, Juneau, Marquette, and Adams Counties.

All Hope House services are free & confidential. Their services include:

- A 24-hour helpline- info & referrals
- Emergency shelter & transportation
- Supportive counseling
- Support groups
- Advocacy & Legal advocacy
- Children's programming
- Community education

If you or someone you know could benefit from one of these services, don't hesitate to reach out.

Toll-Free Helpline: (800) 584-6790  
Website: [www.HopeHouseSCW.org](http://www.HopeHouseSCW.org)



For the past 13 years, CAP Services has partnered with the IRS to offer the Volunteer Income Tax Assistance (VITA) program to assist qualifying taxpayers to file their Federal, State and Homestead Credit returns free of charge.

The services are offered to low-to-moderate income taxpayers who have a tax filing need. The returns are e-filed which gets your refund to you faster. CAP Services, Inc. is a private, nonprofit community action agency servicing communities in Marquette, Outagamie, Portage, Waupaca and Waushara Counties.

This tax season once again Green Lake residents may utilize the service as well. Connie Henn, is the Waushara County VITA Site Coordinator. Individuals and families may call 1-800-660-5430 to determine eligibility and schedule an appointment with an Intake Specialist to begin the free tax preparation process.





## Adams YMCA Aspirus Health Center

393 Pine Street  
Adams, WI 53910

608-472-5400

### Membership Options:

- Adult
- Senior Adult
- Adult Couple
- Family
- Youth
- Membership For All (a sliding scale membership, based on income)

### Hours:

Monday through Friday 8:00 AM – 7:00 PM  
Saturday 8:00 AM – 12:00 PM  
24 hour access

Child Watch for members Monday through Saturday 9:00 AM – 12:00 PM

View the Group fitness schedule at [swcymca.org](http://swcymca.org)

Green Lake County Food Pantry  
500 Lake Steel Street  
Green Lake, WI 54941

Open every Tuesday, 10am-Noon



Green Lake County is an authorized food distributor in the Emergency Food Assistance Program (TEFAP) and can now provide no-cost groceries for households that have incomes up to 300% of the federal poverty level (FPL) (Link to brochure is below). Individuals who have lost jobs or have reduced income may obtain a monthly share of American-grown meat, vegetables, fruit, juice, and more from a TEFAP food pantry.

Proof of identification (such as a driver's license or identification card) are required; proof of income is not.



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

**Katie Gellings, M.S.** Health &  
Well-Being Educator Extension  
Green Lake County 571 County  
Road A  
Green Lake, WI 54941 Phone:  
(920) 294-4039  
[katie.gellings@wisc.edu](mailto:katie.gellings@wisc.edu)



**Sheila Michels, M.Ed.**  
Health & Well-Being Educator  
Extension Adams County  
569 N. Cedar Street, Suite 3  
Adams, WI 53910  
Phone: (608) 339-4237  
[sgmichels@wisc.edu](mailto:sgmichels@wisc.edu)  
<https://adams.extension.wisc.edu/>



**Mary Ann Schilling, M.ED**  
Associate Professor, Health & Well-Being Educator  
Extension Waushara County  
PO Box 487, 209 S Ste Marie Street  
Wautoma, WI 54982  
Phone: 920-787-0414  
[Maryann.schilling@wisc.edu](mailto:Maryann.schilling@wisc.edu)



**Hannah Zellmer, B.S.**  
Human Development & Relationships Educator  
Extension Marquette County  
480 Underwood Ave, Rm. 136  
Montello, WI 53949  
Phone: (608) 297-3139  
[hannah.zellmer@wisc.edu](mailto:hannah.zellmer@wisc.edu)  
Extension Marquette County Website: <https://marquette.extension.wisc.edu/family-living/>  
Extension Marquette County Facebook page – <https://www.facebook.com/marquette.uwex.edu/>



